

We claim:

1. A method for use by a station capable of communicating in a wireless communications network via a radio frequency channel, comprising the steps of:
  - receiving a message from an access point, the message containing information about the access point's power level;
  - adjusting transmit power in response to the information in the message.
2. The method of claim 1 wherein the information is a transmit backoff level that indicates how far the access point's power has been reduced.
3. The method of claim 2 wherein the step of adjusting transmit power sets the station's transmit power to the transmit backoff level received in the message.
4. The method of claim 3 further comprising the steps of:
  - transmitting messages to other devices in the wireless communications network,
  - the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.
5. A method for use by a station capable of communicating in a wireless communications network via a radio frequency channel, comprising the steps of:
  - receiving a message from an access point, the message containing a transmit power backoff level that indicates how far the access point's power has been reduced;

adjusting transmit power by setting the station's transmit power to the transmit backoff level received in the message; and

transmitting messages to other devices in the wireless communications network, the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.